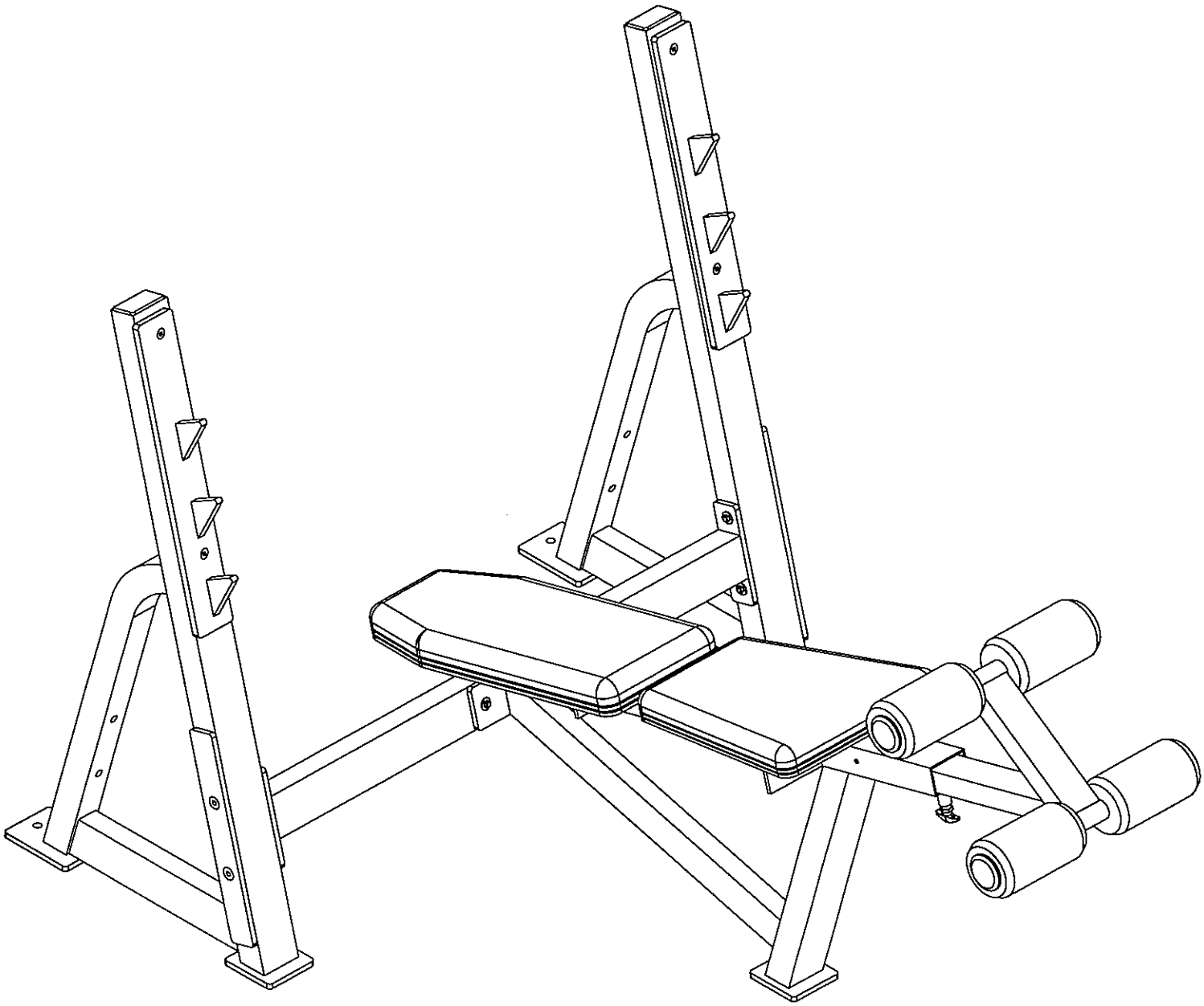
HOIST®
FITNESS SYSTEMS

F177

OLYMPIC DECLINE BENCH

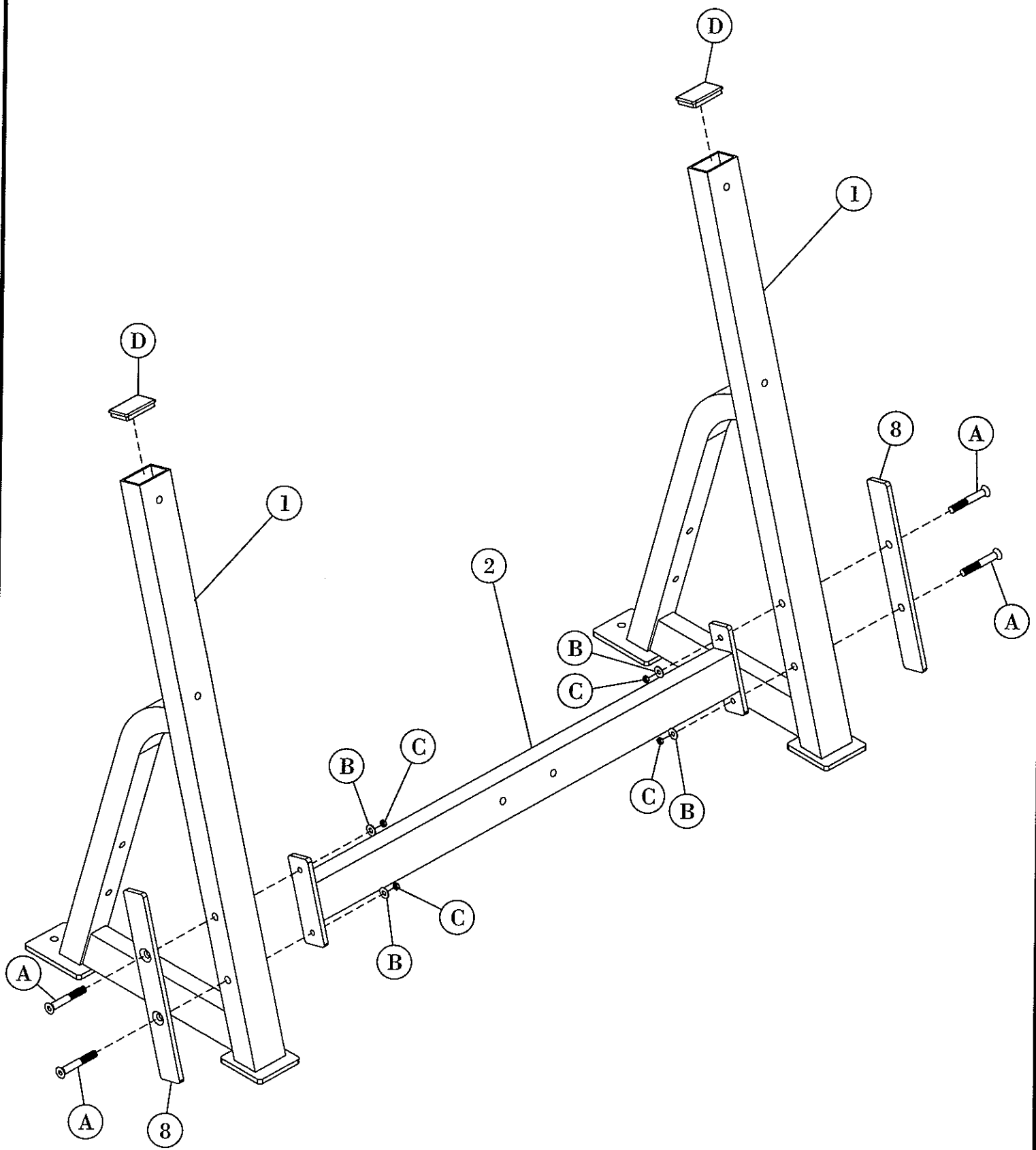


ASSEMBLY INSTRUCTIONS

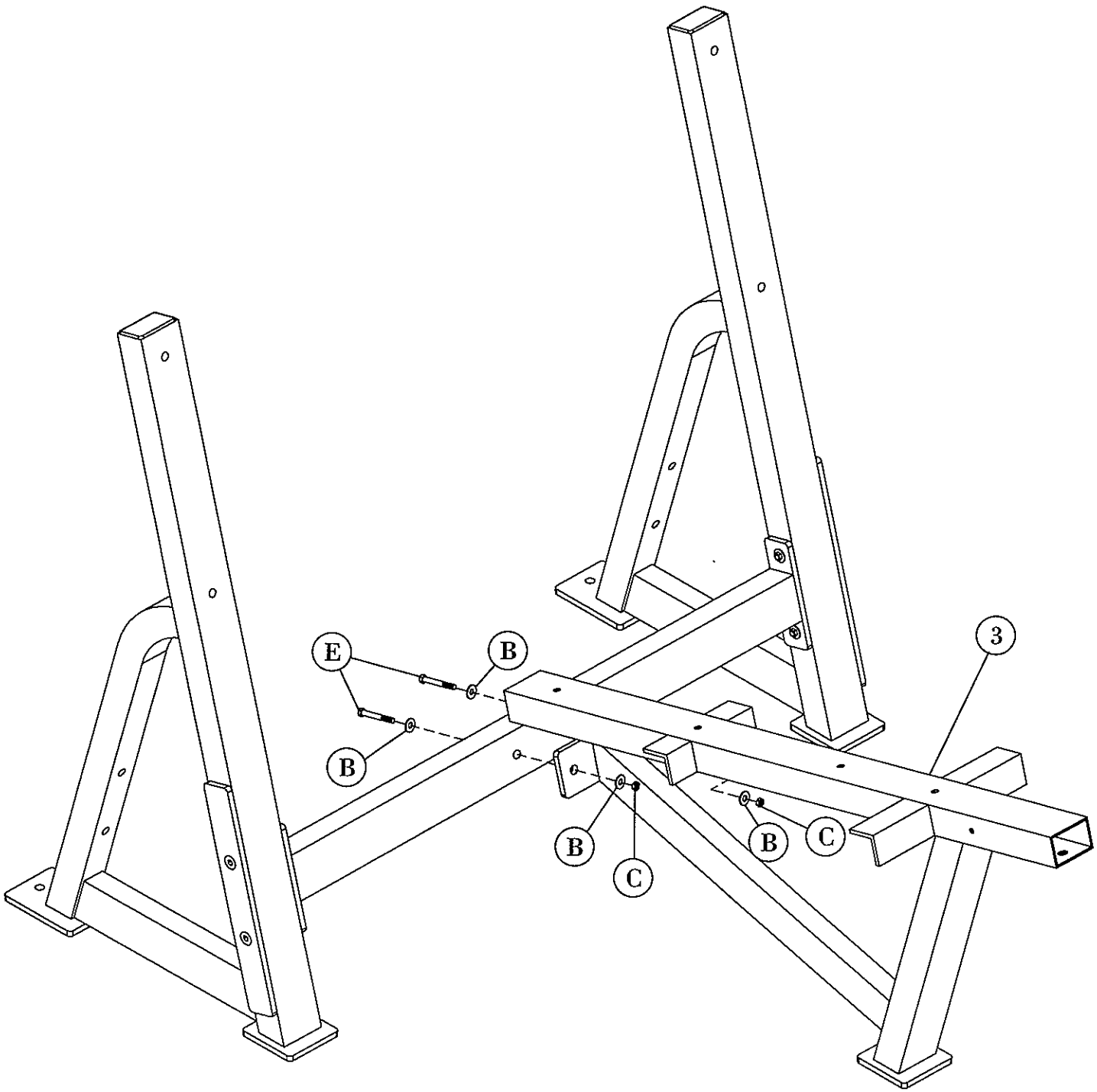
January '96

F177

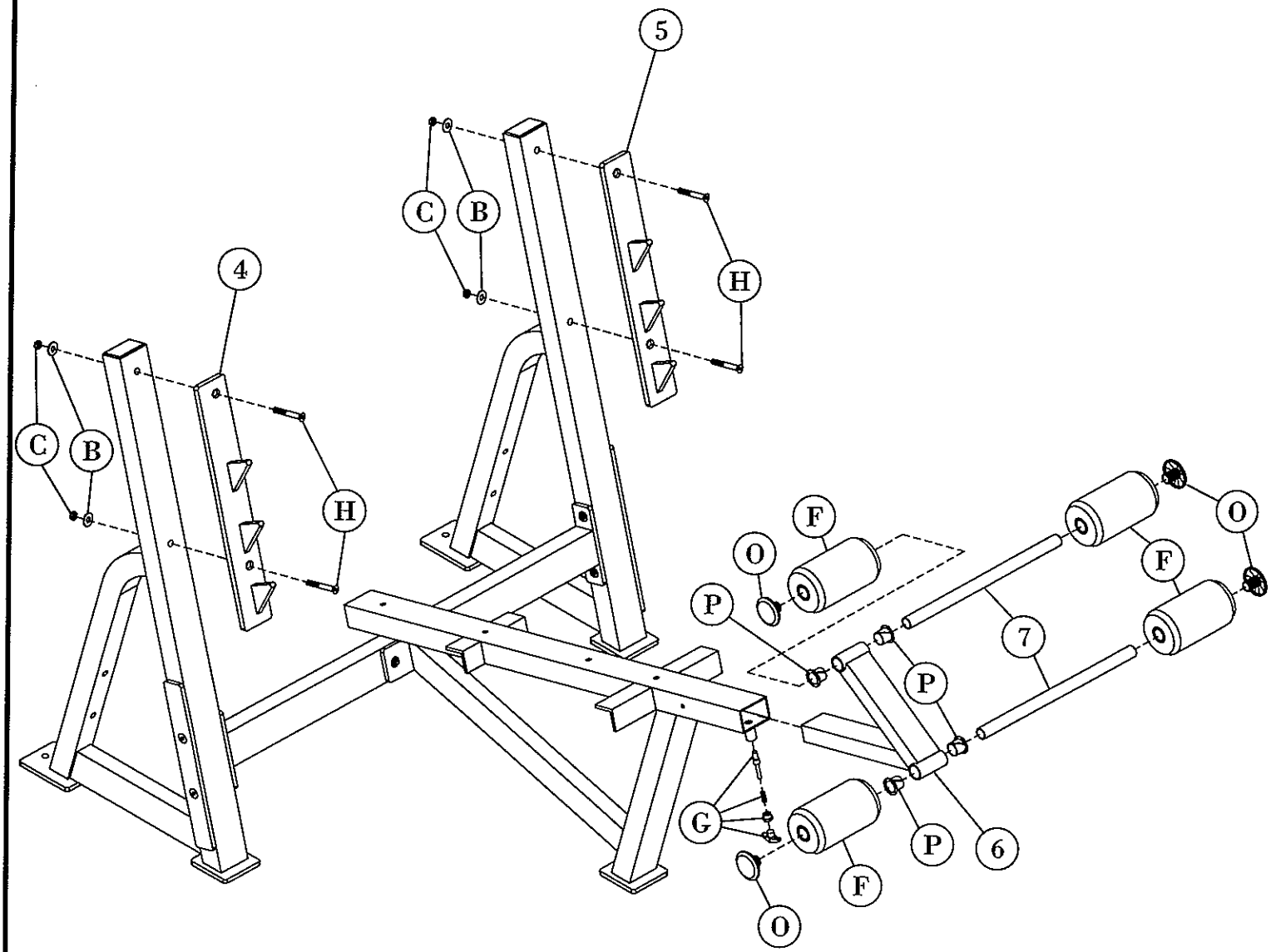
OLYMPIC DECLINE BENCH



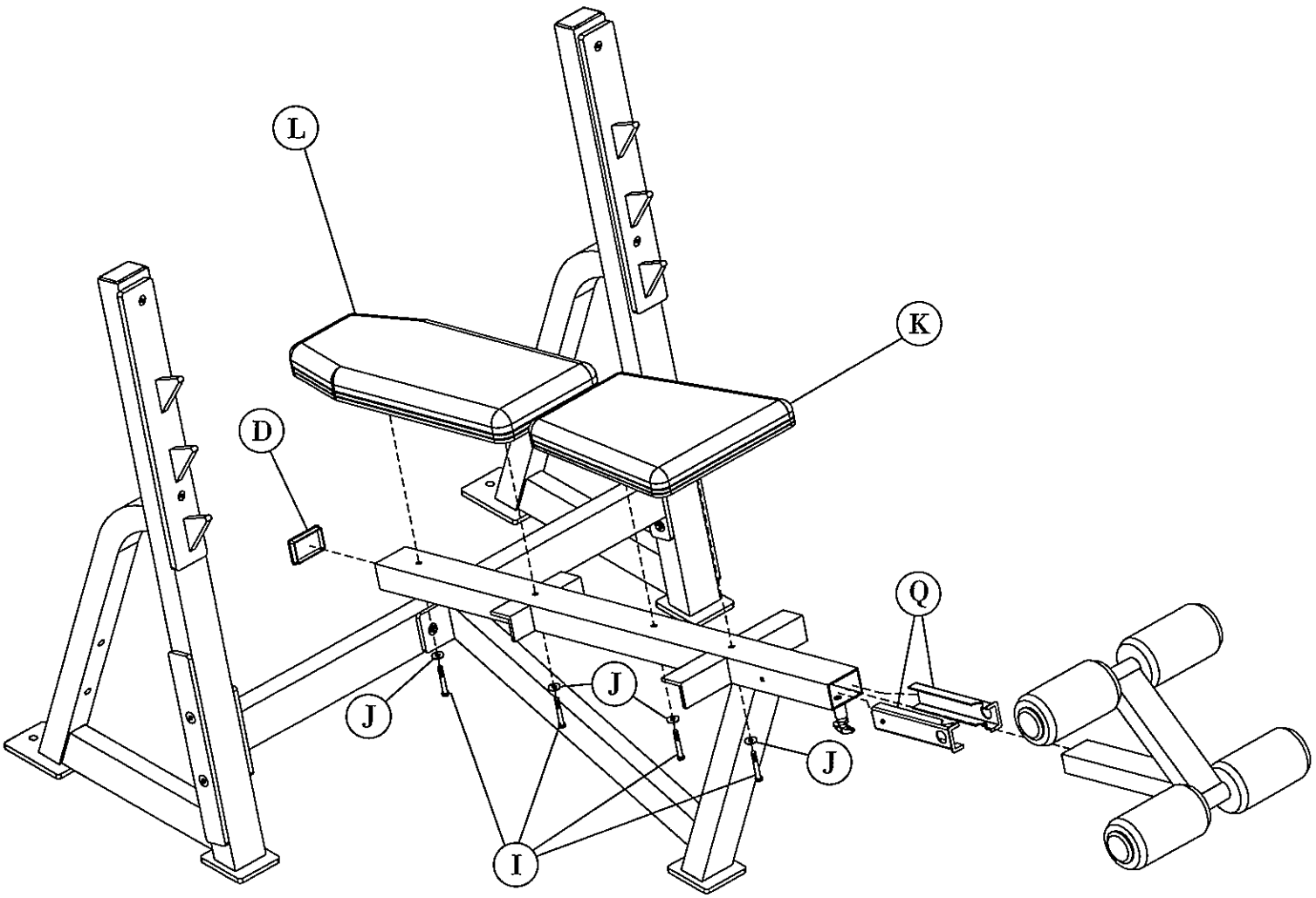
F177
OLYMPIC DECLINE BENCH



F177
OLYMPIC DECLINE BENCH



F177
OLYMPIC DECLINE BENCH



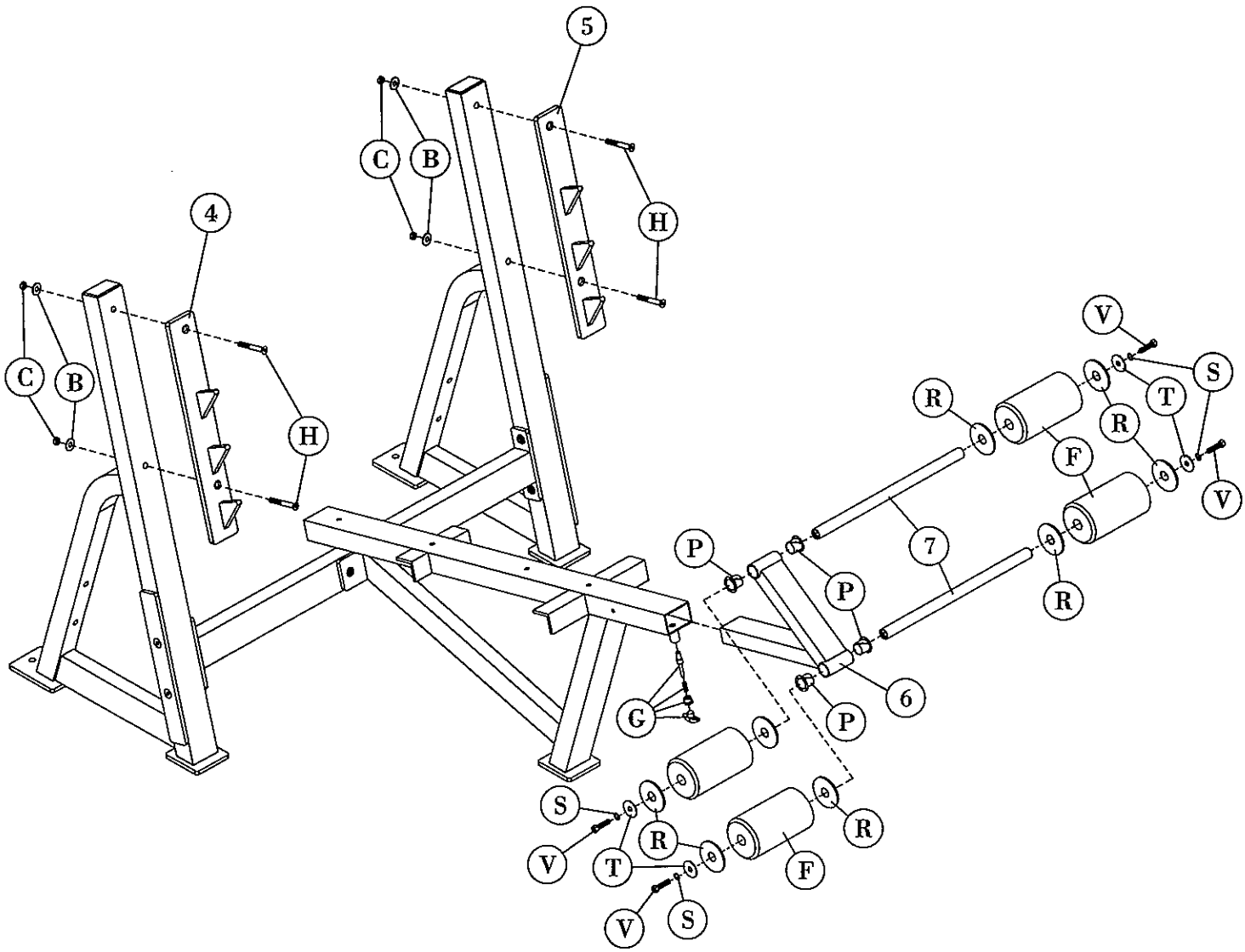
F177
PARTS LIST

Key No.	Qty.	Part Number	Description
1	2	F177-03	Weight Holder Upright
2	1	F177-02	Cross Member Assembly
3	1	F177-01	Pad Mount Assembly
4	1	F177-04	Bar Rack (Right)
5	1	F177-05	Bar Rack (Left)
6	1	F177-06	Adjustable Roller Assembly
7	2	F177-07	Roller Pad Axle
8	2	26-STD-SD001	Anti-Scratch Plate

F177
HARDWARE LIST

Key No.	Qty.	FLA Part Number	Description
A	4	11-FHS-12(13)412	1/2"-13 x 4 1/2" Flat Head Socket
B	16	13-FLT-12	1/2" USS Flat Washer
C	10	12-LOK-12T	1/2" Center Lock Hex Nut
D	3	16-CAP-23	Endcap 2" x 3"
E	2	11-HEX-123	1/2" x 3" Hex Bolt
F	4	SUR-407-B	Roller Pad
G	1	26-STD-SM128	1/2" Short Pull Pin
H	4	11-FHS-12(13)3	1/2"-13 x 3" Flat Head Socket
I	4	11-HEX-51634	5/16 x 3 1/4" Hex Bolt
J	4	13-FLT-516	5/16" USS Flat Washer
K	1	SU1018T	10" x 18-1/2" Tapered Pad
L	1	SU1024T	10" x 24" Tapered Pad
O	4	16-CAP-RBR	Rollercap
P	4	14-BRG-NYLI	Nyliner
Q	1	26-STD-PLAS125	Easy Glide Seat Sleeve

F177
OLYMPIC DECLINE BENCH



F177
PARTS LIST

Key No.	Qty.	Part Number	Description
1	2	F177-03	Weight Holder Upright
2	1	F177-02	Cross Member Assembly
3	1	F177-01	Pad Mount Assembly
4	1	F177-04	Bar Rack (Right)
5	1	F177-05	Bar Rack (Left)
6	1	F177-06	Adjustable Roller Assembly
7	2	26-STD-SX137 26-STD-SX138	Roller Pad Axle For Foam Rollers Roller Pad Axle For Molded Rollers
8	2	26-STD-SD001	Anti-Scratch Plate